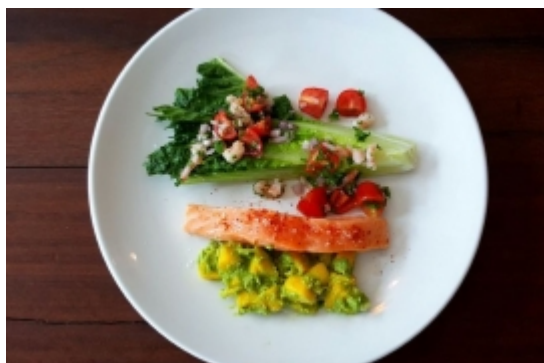


# Roasted Atlantic salmon with shrimp sauce vierge, avocado and fresh mango |

Recipe for 4 portions



## Description

Salmon steak seared and roasted in the oven served on a salsa of diced avocado and mango and garnished with an olive oil, Italian parsley, cherry tomatoes and shrimp sauce vierge.

## Note

Using a nonstick pan to cook your salmon skin side down will help you to prevent sticking.

## Ingredients

### For the avocado and mango salsa

- 1 Unit(s) Avocado
- 1 Unit(s) Fresh mango
- 15 Ml Lemon juice
- Salt and pepper
- Olive oil

### For the shrimp sauce vierge

- 100 Gr Red onion
- 125 Gr Cherry tomatoes
- 4 Sprig(s) Parsley
- 15 Ml Lemon juice
- 8 Unit(s) Medium shrimps cooked
- Salt and pepper
- Olive oil

### For the salmon

- 4 Unit(s) Salmon steak
- 4 Handful(s) Arugula salad
- Salt and pepper
- Olive oil

## Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

### General preparation

Cut the shrimp into small cubes. Cut the cherry tomatoes into cubes. Dice the mango and avocado. Finely chop the red onion. Chop the parsley.

#### Avocado and mango preparation

In a bowl, combine the diced mango and avocado and drizzled with olive oil and lemon juice. Season with salt and pepper.

#### Shrimp sauce vierge preparation

Mix the shrimp, parsley, red onion, cherry tomatoes and lemon juice in a bowl and mix. Add a dash of olive oil and season with salt and pepper.

#### Roasted salmon preparation

In nonstick skillet, drizzle some olive oil and sear the salmon on the skin side. Season with salt and pepper and cook for 2 to 3 minutes. Once the salmon pieces are browned, transfer to a baking sheet and cook for 4-6 minutes.

#### To serve

On each plate serve a portion of mango salsa and avocado using a ring mold. Place a piece of salmon on top and garnish with the sauce vierge. Serve with a few leaves of arugula.

**Bon appétit!**